

CLAIMS

1. An exercise system comprising:

5 a local system including at least one exercise apparatus and at least one associated local computer, said at least one local computer controlling and monitoring the operation and use, respectively, of said at least one exercise apparatus;

a remote system including at least one remote computer; and

10 a communication linkage including a telephone line that at least part-time couples said local system to said remote system for data communication between said local system and said remote system, such that said remote system may receive local system data from said local system concerning said use of said exercise apparatus, and such that said local system may receive remote system data from said remote system concerning said operation of said exercise 15 apparatus.

2. An exercise system as recited in claim 1 wherein said local system is one of a plurality of local systems, each of which is in at least part-time communication with said remote computer.

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3. An exercise system as recited in claim 2 further comprising a server system including at least one server computer in at least part-time communication with said remote computer.

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4. An exercise system as recited in claim 3 wherein said remote system is one of a plurality of remote systems, and each of which is in at least part-time communication with said server system.

5. An exercise system as recited in claim 4, wherein said local computer controls an operation of said exercise apparatus based upon a modifiable script stored in a read/write memory of said local computer.

5 6. A local system as recited in claim 5 wherein said local computer is located internally to said exercise apparatus, and wherein said script is modifiable externally to said exercise apparatus.

10 7. A local system as recited in claim 6 wherein said local computer wherein said remote system data may include at least a portion of a modified script to be stored in said read/write memory.

15 8. A local system as recited in claim 5 wherein said exercise apparatus includes at least one of a bicycle, a rowing machine, a step machine, and a resistance trainer.

9. A local system as recited in claim 5 wherein said script may include a resistance setting for said exercise apparatus.

20 10. A local system comprising:

at least one exercise apparatus; and

25 at least one associated local computer monitoring a use of said exercise apparatus and, in response thereto, controlling an operation of said exercise apparatus based upon a modifiable script stored in a read/write memory of said local computer.

11. A local system as recited in claim 10 wherein said local computer is located internally to said exercise apparatus, and wherein said script is modifiable externally to said exercise apparatus.

5 12. A local system as recited in claim 11 wherein said local computer can communicate with a remote system to provide said remote system with local system data concerning said use of said exercise apparatus, and to receive remote system data including at least a portion of a modified script to be stored in said read/write memory.

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13. A local system as recited in claim 12 wherein said exercise apparatus includes at least one of a bicycle, a rowing machine, a step machine, and a resistance trainer.

15 14. A local system as recited in claim 12 wherein said script includes a resistance setting for said exercise apparatus.

15. A method for controlling an exercise apparatus comprising:

20 running a modifiable script on a local computer to control the use and to monitor the operation of an exercise apparatus, said script being stored in read/write memory of said local computer, where the use of said exercise apparatus may be affected by said script and by said monitoring of said operation of said exercise device; and

25 communicating with a remote system to provide said remote system with data concerning said use of said exercise apparatus, and to receive from said remote system data including at least a portion of a modified script to be stored in said read/write memory of said local computer.

16. A method for controlling an exercise apparatus as recited in claim 15  
30 wherein said communicating comprises establishing a communication linkage

including a telephone line link between said local computer and said remote system.

17. A method for controlling an exercise apparatus as recited in claim 16  
5 further comprising:

communicating between said remote system and a server system, such that remote system data derived, at least in part, from said local computer can be communicated to said server system, and such that server data can be communicated to said remote system.

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